

Tomato Spoon Salad¹⁰⁰

Number of Servings: 100 (97.84 g per serving)

Amount	Measure	Ingredient
6.00	qt	Tomatoes, red, cnd, whole, not drained
8.00	ea	Peppers, bell, green, sweet, fresh, med, 2 1/2"
8.00	cup	Celery, fresh, diced
4.00	ea	Onion, med, fresh FDA
1/2	cup	Spice, celery seeds
4.00	cup	Vinegar, white, distilled
4.00	cup	Sugar

Nutrients per serving

Nutrition Facts			
Serving Size (98g)			
Servings Per Container			
Amount Per Serving			
Calories 40	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 85mg	4%		
Total Carbohydrate 9g	3%		
Dietary Fiber 1g	4%		
Sugars 8g			
Protein 1g			
Vitamin A 2%	Vitamin C 25%		
Calcium 4%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

Mix all together. Refrigerate overnight. Serve at 40 degrees or colder in cold dish.
Serve 1/2 cup with 4 oz spoodle or #8 scoop.